

Our Programs

Help Hope Healing

BRIDGES – A 10-week class for those living with mental illness. Courses cover brain biology, symptoms, communication, building support, crisis planning, and recovery. This course is taught by trained individuals who can speak from personal experience.

Progression – A 6-week education/support group for youth ages 15-21 who are living with mental health issues. It is a safe place to learn about illness, recovery, roadblocks, and valuable skills. Youth can talk to others who are dealing with similar issues.

Connection – A weekly recovery support group for adults with mental illness of any diagnosis, one that is expanding in cities throughout the country.

Family-To-Family – A 12-week course for family members of people who have mental illnesses. Classes cover symptoms, medications, coping skills, recovery, advocacy and more. Classes are offered in English & Spanish and are taught by trained family members.

NAMI Basics – A 6-week course for parents and caregivers of children/adolescents with mental health issues. Classes cover symptoms, treatment, problem solving, crisis preparation, challenging behavior, record keeping and more.

Family Support Groups are available across the state for family members and friends looking for support from those who understand.

Mentoring Program provides those living with mental illness and their families a peer who can listen, empathize, and connect them to valuable education/support programs and other community resources.

Hope for Tomorrow – An education program offered to secondary schools with components for students, teachers, and parents. The goals are to raise awareness of mental illness, erase stigma, and foster hope.

Parents & Teachers as Allies is a free 2-hour faculty in-service offered to all schools as a part of Hope for Tomorrow.

Clergy and Provider Training provides training to clergy members and professionals on mental illness from those who are living with it. Information includes suggestions on offering support, and resources available in the community.

Artists' Project encourages recovery and empowerment through self-expression, allowing artists with mental illness to display and market their art in the community.

Hearts and Minds is intended to raise awareness and provide information on: diabetes, diet, exercise, and smoking and includes a 13-minute, inspirational video and a 26-page booklet. This course is for everyone.

NAMI Utah

450 South 900 East
Suite 160

Salt Lake City, UT 84102

Phone: 801.323.9900

Toll-free: 877.230.6264

Website: www.namiut.org

Email: education@namiut.org

